

Live Healthy Live Well - OSU Extension Signature Program

Purpose

Ohio State University Extension's Live Healthy Live Well Signature Program educates Ohioans on nutrition, physical activity, and wellness issues. Utilizing social media, email wellness challenges, and lunch and learn lessons they strive to increase awareness and encourage adoption of healthy lifestyle behaviors.

Programming targets working adults, public agencies or governments, and businesses with research-based information. By improving workforce health, employers may see reductions in insurance costs, improved morale, and fewer employee sick days.

Impact

Six-week Email Wellness Challenges are offered three times a year at no cost to participants. Themes vary but the "Zero Holiday Weight Gain Challenge" is very popular at year-end.

Over 90% of respondents reported learning new information as a result of participating in an Email Wellness Challenge. In addition, over 92% reported using the new information they learned.

Over 80% of respondents report that they have adopted one or more of the recommended practices that might help reduce their risk of developing chronic disease.



THE OHIO STATE
UNIVERSITY



Ohio State Colleges/Units Involved

College of Education and
Human Ecology
OSU Extension

Community Partners Involved

Over 25 Ohio State University
Extension Live Healthy Live
Well professionals are offering
this signature program reaching
over 70 counties in Ohio.

In 2013, 3,400 people participated in
the Email Wellness Challenges.

Contact

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<http://go.osu.edu/livehealthylivewell>

